



## Soccer Basic Rules

### Game Time:

Length of the game is two 20-minute halves with a 5-minute halftime.

### Overtime:

There will be no overtime period or shoot-outs during regular season games.

**Post-season games:** Will have a 5- minute overtime period. **No Golden Ball or Sudden Death Rule.** If game is still tied go to a shootouts to determine the winner.

### Uniform:

1. All players **MUST** wear shin guards.
2. If athlete wears cleats, no toe cleat or metal cleats allowed

### Basic Rules of Soccer:

1. A coin toss will determine which team has the choice of: Kicking off or Picking which goal to defend.
2. Starting the game after ball leaves the field of play. There are 3 ways to re-start a game after the ball leaves the field:
  - A. **Goal Kick:** When a team misses a shot at goal, or kicks the ball beyond their opponents' goal line. During the goal kick the other team needs to be outside of the penalty area.
  - B. **Corner Kick:** When a team kicks the ball across their **own** goal line, then a corner kick will result. During the corner kick the opponents must remain 10 yards from the player kicking the ball into play.
  - C. **Throw-in:** When the ball crosses-over the touchline the team that **DID NOT** touchline the ball last receives possession of the ball. The player throwing the ball in must use both hands and keep both feet on the ground.
2. Off sides: A player is in an "offside position" when they are ahead of the ball and closer to the goal line than the second-to-last defender. A player is penalized for being in an "offside position" **only** if them interfering with play or an opponent, or seek to gain advantage at the moment the ball is played by a teammate.
3. Fouls and Violations: A player who attempts or deliberately a) kicks, b) trips or reckless slide tackles, c) jumps at, d) charges violently, e) charges from behind, f) strikes, g) holds, or h) pushes an opponent or I) intentionally handles the ball shall by penalized by a direct free kick.

### Bylaws of Roosevelt School District After School Sports:

- Schools will follow the Roosevelt School District After-School Sports Conference and the National Federation of State High School Association. Our conference does make some modifications to some of the rules.

**For all other rules, official hand signals please refer to the National Federation of State High School Association (NFHS) Rulebook. Please refer to [www.nfhs.org](http://www.nfhs.org)**